

SEPTEMBER - NOVEMBER 2018

Centerville-Washington **PARK DISTRICT** **NEWS & EVENTS**



Explore your community's BIG backyard!

Seven FREE special events this fall!



Headquarters

Activity Center Park
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Centerville, Ohio 45459-4617
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Second Shift/Weekends:
(937) 470-9246
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www.cwpcd.org

Office Hours

Monday – Friday
8:00 a.m. to 4:30 p.m.
Office Closed September 3,
November 22 & 23, 2018

Park Addresses

For more information and each park's
address, visit www.cwpcd.org.

Dog Park Closures

www.cwpcd.org/parks/oak-grove/dog-park/dog-park-closure-status/

Athletic Field Conditions

www.cwpcd.org/field_status/

Area Youth

Athletic Organizations

Centerville Baseball Softball League
www.cbltoday.org

Centerville Recreational Soccer
www.centervillesoccer.com

Centerville United Soccer Association
www.cusasoccer.org

Centerville Wee Elks
Football Association
www.weeelks.org

Centerville Youth Lacrosse
www.cvlax.org

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Commissioners' Corner



We hope you
have had a
wonderful
summer
exploring your
community's
BIG backyard!

While you have
been exploring

and playing, we have been hard at work
making sure you have more and more
opportunities to connect with your parks
and get outdoors.

There are some great new park
improvements. A bridge has connected
the two parts of **Watkins Glen Park**.
Work is underway for a new, all-
accessible playground at **Forest Field
Park**, and there will be a nature play
area next to it! We are very close to
landing permission from the Ohio
Environmental Protection Agency to
connect a sanitary system to the **Oak
Grove Park** buildings. Flush toilets are
within reach!

Through a State of Ohio revenue-sharing
program, the **Kennard Nature Nook**
will get an environmentally-friendly
parking lot expansion. No more parking
on the lawn! For those of you who enjoy
biking and walking on the **Holes Creek
Park** trail, you'll be able to rest in the
shade of a new trail head gazebo in 2019.

Responding to your many requests, the
Board has launched a major effort to
create a master plan for the very popular
Bill Yeck Park. This study and plan will
look at making trails more usable and
sustainable; arresting shoreline and trail
erosion; adding new trails; improving
signage; and, identifying key habitats.
When finished in 2019, the Park District
will have a comprehensive plan to begin
the systematic improvement of the park
and its features.

While all of this work is underway, you
and your friends and family can continue
to enjoy our many fun and educational
programs. Take a good look at the
following pages to find which ones are
right for you. If you don't find something
you like, call or write to us with your
ideas! We love to hear from you.

Lastly, we are pleased to share some
really good news with you. Every year,
the National Recreation and Park
Association recognizes the best park
and recreation agencies in the country.
This year, Centerville-Washington Park
District is one of four finalists for this
award in its population category. Thanks
to the many involved, supportive and
contributing residents of the community,
the District is recognized as one of the
best in the USA!

Please keep enjoying your community's
BIG backyard, and let us know how we
can make it even better for people of
all ages!

David Lee
Park Board Vice President

The Centerville-
Washington Park District
Board of Park Commissioners
holds public meetings once a month
throughout the year. Visit

www.cwpcd.org/about/public-meeting-schedule/

to view the schedule!

Save a Tree

To subscribe to the e-newsletter visit www.cwpcd.org.

To stop home delivery of the printed newsletter, email your name and address to
mail@cwpcd.org.

New Playground Coming to Forest Field Park!



Forest Field Park has been a site for exciting improvements over the past year, including a paved walking path, gravel trails and a new restroom building. Now we are replacing the playground! We hosted an open house and community survey in April to gather feedback on your design preferences. Thank you to all who participated in the process! The new playground is scheduled to be complete in late summer/early fall! Plan a visit!

Volunteer Spotlights



ALEX PEARL

Alex has been an active community volunteer since his family arrived in Dayton more than 30 years ago. He became

an official volunteer with the Centerville-Washington Park District in 2011, after retirement from the Ohio Department of Rehabilitation and Corrections as a Career Technical Horticulture Instructor.

Alex has held positions in higher education, public horticulture, private industry and has had his own business. He recently returned to teaching as an adjunct instructor of Agricultural Science for Central State University. Prior to taking a more active role in the Park District's volunteer program, Alex had for many years provided advice and guidance to the educational programs.

Alex is an active member of various trade and amateur horticultural organizations. His motto is "plants change lives." He

has had a long association with guiding cities to make them vibrant places to live and work through association with America in Bloom and Communities in Bloom. Alex says he "is honored to contribute to and be a part of the Centerville-Washington Park District!"



HITHERGREEN STRUMMERS

The Hithergreen Strummers are a Mountain/Lap Dulcimer group. This talented group of

musicians have generously shared their talents with CWPD at events such as Fairy & Gnome Home Festival and the annual Luminary Walk, much to the delight of program participants!

They welcome new members to join them at their weekly meetings. Meetings take place at the Franciscan Center Banquet Room every Monday morning from 10 a.m. – noon. No experience is necessary. The group will be glad to help you get started!

2018 National Gold Medal Award in Parks and Recreation

The American Academy for Park and Recreation Administration (AAPRA), in partnership with the National Recreation and Park Association (NRPA), recently announced the Centerville-Washington Park District as a finalist for the 2018 National Gold Medal Award for Excellence in Park and Recreation Management.

The Gold Medal Awards program honors communities that demonstrate excellence in parks and recreation through long-range planning, resource management, volunteerism, environmental stewardship, program development, professional development and agency recognition. Applications are separated into seven classes, with five classes based on population. The Centerville-Washington Park District is a finalist in the Class IV (population 30,001 – 75,000) category.

Agencies are judged on their ability to address the needs of those they serve through the collective energies of community members and staff. The Centerville-Washington Park District joins three other finalists in their class that will compete for grand honors this year.

Dan Monahan, Park Board Secretary, praised the community, the volunteers, staff and partners. "We enjoy a terrific park system and hundreds of activities because so many residents are involved. We couldn't get this national recognition if it weren't for the contributions of so many people and organizations in our community."

Winners will be announced live during the General Session at the 2018 NRPA Annual Conference in Indianapolis, Indiana, Sept. 25–27, 2018.



The Centerville-Washington Park District would like to thank all volunteers for giving their time and talents to our community! If you are interested in becoming a volunteer, please contact Community Engagement Coordinator Ginger Clark at 937-433-5155 x234 or gclark@cwpd.org.

SPECIAL EVENTS

Fairy & Gnome Home Festival

All ages

Saturday, September 8

1:00 – 3:00 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Our popular Fairy and Gnome Home Festival returns! We will celebrate using our imaginations in nature. Build a house out of natural materials for these woodland residents. Materials can be found or “purchased” with fairy money in our general store. Other activities include game stations, face painting, snacks, and music provided by the Hithergreen Strummers. Come dressed as a fairy, gnome or elf!

Registration is requested. (KL)

Grandparents' Sundae Funday

All ages

Sunday, September 9

1:00 – 3:00 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

In honor of National Grandparent's Day, we invite children and their grandparents to enjoy a nature hike to search for signs of the changing season, games, crafts and ice cream sundaes at the Smith House. (CJ)

BIG Backyard Party

All ages

Saturday, September 15

1:00 – 4:00 p.m.

*Oak Grove Park
1790 E. Social Row Rd.*

The Park District, Centerville Noon Optimist Club and Washington-Centerville Public Library are co-sponsoring the third annual BIG Backyard Party. The day will be filled with family-oriented, hands-on activities all ages and abilities will enjoy. Activities include fishing, archery, games, bounce houses, food trucks and raffles! And, a free ice cream treat for everyone!

Registration is requested. (CJ)



YoGlow

Ages 18 and up

Friday, September 21

(Rain date: Saturday, September 22)

7:00 – 9:00 p.m. (*yoga begins at 8:00 p.m.*)

*Forest Field Park
2100 E. Centerville Station Rd.*

Ommmmm ... Method Yoga Studio's Megan Lees will lead this outdoor yoga class in a peaceful park setting. Glow bracelets will be provided!

This yoga class for all levels will include a warm-up, breath work, standing poses, flowing poses and will end with relaxation. Bring your yoga mat and water. Dress comfortably.

Come early and enjoy a nutritious beverage! The Shakery Juice Bar will be on site from 7:00 – 7:45 p.m.

Registration is requested. (JH)

In case of inclement weather, check the CWPD Facebook page and website for updates.



Ales & Tails

New!

All ages

Saturday, October 6

1:00 – 4:00 p.m.

*Oak Grove Park, Dog Park
1790 E. Social Row Rd.*

Join us for our first Ales & Tails event! This event will feature activities, crafts, local pet vendors and the Craves food truck. We plan to have a beer vendor as well! Owner and pet costume duos are strongly encouraged. There will be first, second and third place winners for best costume. Fun for everyone!

Registration is requested. (AD/CJ)

Vendors interested in booth space may contact Ally DeShurko at adeshurko@cwprg.org.

For their safety, children under 8 are not permitted within the off-leash areas of the dog park. Children ages 8 – 14 must be accompanied by an adult in the off-leash areas.



Online resident registration begins Monday, August 13, 10:00 a.m.



Meet & Play Mascot Day

Ages 3 and up
Saturday, October 13

1:00 – 2:30 p.m.
Oak Creek South Park
790 Miamisburg-Centerville Rd.

Come meet, play and dance with some of your favorite local mascots. Mascots will play games and take pictures with the children. The program will end with a mascot dance party and dance off. Bring a blanket and lunch to have a picnic in the park!

Registration is requested. (CJ)



Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

Haunted Trail

Recommended for ages 7 – 15
(children under 7 will not be admitted)

Tuesday, October 16 AND/OR

Wednesday, October 17

7:30 – 9:00 p.m. (last group sent through at 9 p.m.)

Parking at Forest Field Park

2100 E. Centerville Station Rd.

Ghosts, ghouls and zombies haunt the trails of Bill Yeck Park for two nights every October! On this fun-filled evening you will be guided through the scary forest. Attendees are encouraged to bring canned goods/nonperishable food items to be donated to local food banks.

Registration is not required. (AD)

Groups will leave from Forest Field Park shelter and will walk through Bill Yeck Park on the Haunted Trail!

Haunted Trail Volunteers

Ages 16 and up

Tuesday, October 16 AND/OR

Wednesday, October 17

6:30 – 9:30 p.m. (last group sent through at 9 p.m.)

Parking at Forest Field Park

2100 E. Centerville Station Rd.

Haunted Trail is possible because of amazing help from volunteers! You can help, too — sign up to volunteer as a trail guide! Guides will provide instructions to small groups of participants and lead them on the trail. Please arrive at 6:30 p.m. for a brief orientation and trail walk-through. Volunteers can sign up for one or both nights and must be able to walk the half-mile trail several times. Hiking shoes are recommended. (AD)

The Haunted Trail program is co-sponsored by the Centerville Noon Optimist Club; the University of Dayton Optimists; the Centerville High School Octagon Club; and the Junior Optimist Clubs at Incarnation School and Magsig, Tower Heights and Watts Middle Schools.



Race to the Holidays

All ages

Sunday, November 4

12:00 – 4:00 p.m., race time is 2:00 p.m.

Oak Grove Park

1790 E. Social Row Rd.

Family Bundle Early Bird Fee (by 10/22): \$50 for two adults + one child with shirts, \$10 each additional child
Early Bird Fee (by 10/22): \$20 with shirt, \$10 without shirt
Fee: \$25 with shirt, \$15 without shirt

Participate in this family-friendly 5K fun run/walk to benefit Centerville-Washington Park District, Friends of Washington-Centerville Public Library and Washington Township Recreation Center! Run and walk divisions, prizes, and other activities and information round out this fun, fitness event!

Register online at <https://www.speedy-feet.com/races.php>, or pick-up a registration form at the Library, Rec Center, or Park Headquarters. Return it, with payment, to the Library. Race day registration begins at 12:30 p.m. Register by October 22 to guarantee a shirt! (KM)



PRESCHOOL PROGRAMS (AGES 6 AND UNDER)

Early Adventures

Ages 0 – 4 years with adult companion

Fee/session: \$4 nonresidents

September Adventures

Tuesday, September 4

10:00 – 10:45 a.m. **OR** 6:30 – 7:15 p.m.

OR Thursday, September 6

6:30 – 7:15 p.m.

Watkins Glen Park

825 Watkins Glen Dr.

October Adventures

Tuesday, October 2

10:00 – 10:45 a.m. **OR** 6:30 – 7:15 p.m.

OR Thursday, October 4

6:30 – 7:15 p.m.

Willowbrook Park

10225 Park Edge Dr.

November Adventures

Tuesday, November 6

10:00 – 10:45 a.m. **OR** 5:00 – 5:45 p.m.

OR Thursday, November 8

5:00 – 5:45 p.m.

Grant Park

501 Normandy Ridge Rd.

Taking your little ones outdoors provides them with an experience that will benefit them forever. There are unique sounds, colors, lights, sensations and textures to process each time they go outdoors.

These leisurely hikes provide quality family time in nature!

Backpacks and front carriers are appropriate if your child is not walking. Strollers are not recommended on these natural trails. (JK)



Playdate Pals

Ages 18 – 42 months with adult companion

10:00 – 11:00 a.m. **OR** 3:30 – 4:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee/session: \$4 nonresidents

Tweet Tweet

Wednesday, September 12

Hoot Hoot

Wednesday, October 10

Gobble Gobble

Wednesday, November 14

This program is designed to build sensory and motor skills and encourage interaction with other children through monthly nature-themed programs. They include singing, dancing, crafts, learning stations and more. (JK)

DECOY ART STUDIO

Nature Art Exploration Together!

Ages 2 – 4

Mondays, September 10 – October 1

9:00 – 9:45 a.m. **OR** 2:30 – 3:15 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$50 residents, \$65 nonresidents for all 4 classes, **OR** \$14 residents, \$19 nonresidents per class

Registration Deadline: Monday, September 3

Sign up for the whole series or choose individual days!

Nature and art come together in this fun parent/caregiver and child class! Children should come prepared to get messy! We will learn about and use pastels, clay, finger paint and more. This class will include a variety of activities including games, songs, sensory bins and a unique art project each week. (AD)

TA-DA! LEARNING

Nature Adventures

Preschool Experience

Ages 3 – 5

9:00 a.m. – noon

Forest Field Park

2100 E. Centerville Station Rd.

Fee/session: \$360

New!

Session A

Tuesdays & Thursdays, September 4 – October 11

Registration deadline: Monday, August 27, 4:00 p.m.

Session B

Tuesdays & Thursdays, October 16 – November 29 (no class November 20 & 22)

Registration deadline: Monday, October 8, 4:00 p.m.

Discover the wonder of TA-DA Learning in a fun and engaging play-based learning curriculum designed with the youngest child in mind! TA-DA Learning Nature Adventures Preschool Experience is a child's opportunity for learning outside of structured classroom walls. Your child's sense of adventure will be unleashed as they learn, grow and adventure outdoors with TA-DA Learning. Adventurers will develop a love of nature as they engage with all their senses.

Teacher Nicole skillfully adapts lessons by interests and "play personalities." Trail exploration, big body movement, sensory bins, and connections to literature are a part of every adventure. Brains learn best when engaged in authentic PLAY! (KL)

To learn more about Nature Adventures, contact TA-DA Learning at tadalearning@gmail.com.

Space limited to 12 children. After you have registered your child, you will receive an email invitation to share health history information via the ePACT Network, a secure site used to collect medical and emergency contact information. This information is required for all Nature Adventures participants. All participants must be potty-trained.

**Online resident registration begins
Monday, August 13, 10:00 a.m.**



Let
Nature be
your teacher.

-William Wordsworth, poet

Creative Kids Corner

Ages 4 – 5

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee: \$9 residents, \$12 nonresidents

Registration deadline: The Friday prior to each session.

Register for the session that works best for you. The Thursday/Friday sessions of each month will be the same.

Session A

Thursdays, September 13, October 11 & November 8

2:00 – 3:00 p.m.

Session B

Fridays, September 14, October 12 & November 9

10:00 – 11:00 a.m.

This drop-off program features games, a story, and a craft all revolving around a fun seasonal theme. Children are encouraged to wear old clothes. (AD)

Preschool Nature Series

Ages 3 – 5 with adult companion

Fee/session: \$4 nonresidents

Singing Insects

Wednesday, September 19

6:00 – 7:00 p.m. **OR**

Thursday, September 20

9:30 – 10:30 a.m. **OR** 6:00 – 7:00 p.m.

Donnybrook Park

6161 Donnybrook Dr. **OR**

6161 Millbrook Dr.

(parking available at both locations)

We will learn all about how insects sing while exploring Donnybrook's newly restored fen habitat. Hike takes place on a natural path and boardwalk. (KL)

Leaf it to Me!

Wednesday, October 10

6:00 – 7:00 p.m. **OR**

Thursday, October 11

9:30 – 10:30 a.m. **OR** 6:00 – 7:00 p.m.

Oak Creek South Park

790 Miamisburg-Centerville Rd.

Fall is the perfect time to begin our leaf collections! We will make a leaf press to dry out our leaves before adding them to our collection books. Hike takes place on a paved path. (KL)

Woolly Bears

Thursday, November 15

9:30 – 10:30 a.m. **OR**

Saturday, November 17

11:00 a.m. – noon

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Woolly Bears are out and about! Together we will learn about their life cycles and go on a Woolly Bear search! Please dress to be outdoors. Hike takes place on a natural path. (KL)

Intergenerational Series

Ages 3 – 6 with grandparent(s)

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$4 nonresidents

The Intergenerational Series is only for grandparents and their grandchildren. Parents and other caregivers may attend any of our other programs.

Pumpkin Party

Friday, October 5

10:00 – 11:00 a.m. **OR** 1:30 – 2:30 p.m.

OR 6:00 – 7:00 p.m.

Registration deadline: Friday, September 28

Grandchildren and grandparent(s) will create a pumpkin craft, enjoy pumpkin stories and search for pumpkins large and small! (AD)

It's Turkey Time

Friday, November 16

10:00 – 11:00 a.m. **OR** 1:30 – 2:30 p.m.

OR 6:00 – 7:00 p.m.

Registration deadline: Friday, November 9

Grandchildren will celebrate Thanksgiving with a craft, story and game with their grandparents! (AD)



Yellow woolly bear photo by Ingrid Taylor

Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

Animal Flow

Ages 3 – 8 with an adult companion

Fridays, September 7 – 28

10:30 – 11:30 a.m.

Forest Field Park

2100 E. Centerville Station Rd.

Fee/adult: \$40 residents, \$52 nonresidents

Join Certified Animal Flow specialist Raquel Rivera-Hill for a fun, total-body parent/child experience. Flexible, locomotive and quadrupedal movements will make you feel like a kid again! Move like a crab, crawl like a bear and travel like an ape. No equipment needed. Just bring your imagination! (JH)

Creature CommOTION

Ages 4 – 5

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$9 nonresidents

Session A

Mondays & Wednesdays,

September 10 – 26

1:00 – 1:45 p.m.

Session B

Mondays & Wednesdays,

October 8 – 24

1:00 – 1:45 p.m.

Little ones will learn animal sounds and movements that assist in motor development and rhythmic skills and will have an opportunity to interact with other children their age. They will enjoy activities with an animal theme, age-appropriate equipment and fun music. Participants will learn fascinating facts about animals from A - Z, found in our parks and around the world. Group and individual activities will be included for them to expand their social skills and be creative.

All children must wear comfortable clothing and tennis shoes. This is a drop-off program. (JH)



Pumpkins & PJs

Ages 4 – 6

Friday, September 7 OR Friday,

September 14

6:00 – 7:30 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$4 residents, \$6 nonresidents

Registration deadline: Tuesday prior to the program (September 4 or 11)

We're having a PJ pumpkin party in the park! We will explore the trails during the magical sunset looking for bats, bugs and even pumpkins!

Children should dress in PJs or clothing that can get dirty. This is a drop-off program; parents are not required to stay. (AD)



CHILDREN'S PROGRAMS

(AGES 5 – 19)

STEM Coding:

Where Are All the Bugs Going?

Ages 5 – 7

Mondays, November 5 – 19

6:00 – 7:00 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$40

What animal is creepy, crawly, has two legs, two eyes, and never needs to eat? It's a blue-bot/bee-bot bug and it runs on the coding that you create! Coding is a set of directions input in the robot that the robot completes.

In this beginning course we introduce, explore and reveal the wonders of coding through interactions with the blue-bot/bee-bot bug robot. These little bugs may not need to eat, but they are hungry for your help. Get them moving so they can explore the forest! (KM)

Children's Yoga Series

Ages 5 – 8

Saturdays, October 20 – November 10

1:00 – 2:00 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$18 residents, \$25 nonresidents

Strike a pose! Your child will stretch, balance and strengthen the body while learning yoga poses from certified Color Me Yoga Instructor, Megan Pooler. A blend of nature and exercise, children will explore the autumn woods during the first 15 minutes of each class and finish with a quieter yoga session. All equipment provided. (JK)

Online resident registration begins
Monday, August 13, 10:00 a.m.

If you never did, you should.
These things are fun. And fun is good.
-Dr. Seuss

Rock With Us: *FALLing for Winter*

Ages 5 – 9

Tuesday, November 27

5:00 – 6:00 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$4 residents, \$6 nonresidents

The rock painting fun continues! Children will celebrate their differences by creating their own unique painted rock and reading theme stories.

We will take a short hike to hide the rocks as part of the **#CWPDrocks** program. Children may take their rock home if they prefer. (CJ)



Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

Equestrian Field Trip with the Therapeutic Riding Institute

3:00 – 5:00 p.m.

*Therapeutic Riding Institute
5224 Dearth Rd., Springboro*

Fee: \$15

Ages 5 – 11: **Sunday, September 9**

Registration deadline: Sunday, September 2

Ages 12 – 17: **Sunday, September 16**

Registration deadline: Sunday, September 9

TRI was the first in our region to offer equine-assisted services to people with disabilities. We are pairing up again to offer field trip opportunities to those with special needs. Individuals will meet horses, learn to brush horses, lead horses through an obstacle course, play games and more. (CJ)

Participants are responsible for their own transportation to TRI, must pre-register and must bring completed forms to TRI on the date of the event.

Art & Imagination

Ages 6 – 8

Tuesdays, September 18, October 16 & November 13

5:00 – 6:00 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Wednesday, September 12

Does your child love art time? This drop-off program is designed to give your child an opportunity to get creative by trying new things and designing a unique project based on a monthly theme. Participants should wear old clothes because things could get messy! Parents are not required to stay for this program. (AD)



DECOY ART STUDIO

Pop Art Sweets

Ages 6 – 11

Monday, October 1

4:00 – 4:45 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Fee: \$17 residents, \$23 nonresidents

Registration deadline: Monday, September 24

Learn about the collage technique and the world of pop art! Our take home project will be a yummy looking ice cream collage! (AD)

New!

Riding Lesson with Ends Meet Equestrian

Ages 7 – 14

Saturday, September 22

9306 Kenrick Rd.

Fee: \$39

Registration deadline: Saturday, September 15

Ages 7 – 10: 11:00 a.m. – noon

Ages 11 – 14: 1:00 – 2:00 p.m.

We are teaming up with Ends Meet Equestrian to provide your child an opportunity to learn what horse care and riding are all about! After going through the basics, participants will take a trail ride. (CJ)



Explorers!

Ages 6 – 12

Grant Park

501 Normandy Ridge Rd.

Fee: \$9 residents, \$12 nonresidents

Junior Explorers

Ages 6 – 8

Wednesdays, September 12 –

October 17

3:30 – 4:30 p.m.

Registration deadline: Monday,
September 10

Outdoor Explorers

Ages 9 – 12

Mondays, September 10 – October 15

4:00 – 5:30 p.m.

Registration deadline: Thursday,
September 6

Outdoor play is vital to child development and well-being. Children will learn about nature and the outdoors in these loosely structured programs. Activities include discovery, challenges, free play and games. Make sure to send them dressed for outdoor play! (KL)

Around the World

Ages 8 – 10

Thursdays, September 20 –

May 16, 2019

3:45 – 5:15 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$27 residents, \$36 nonresidents

Children journey to a different country on the third Thursday of each month to learn about the geography, plants, animals, people and customs. They will sample the food of each culture. Children will immerse themselves in places and lives completely different from their own. We will cover Antarctica, Australia, Canada, China, France, Greenland, Russia, South Africa and Switzerland. (JK)



DECOY ART STUDIO

Recycle-mania

Ages 8 – 11

Monday, September 10

4:00 – 5:00 p.m.

Oak Creek South Park

790 Miamisburg-Centerville Rd.

Fee: \$17 residents, \$23 nonresidents

Registration deadline: Monday,
September 3

Saturday, September 15 is National Clean Up Day! Let's create a crazy box creature using recycled materials! We will discuss the importance of recycling and how recyclables can be turned into art with a little imagination.

Participants are encouraged to bring materials they clean out from home! (Items may not be unhealthy or dangerous.) Materials from home become property of the Park District. We cannot guarantee your child will bring home the same materials they brought. (AD)

Paint and Scoops

Ages 8 – 12

Wednesday, November 7

6:00 – 7:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$10 residents, \$13 nonresidents

Registration deadline: Friday,
November 2

Come discover the Picasso within as we paint a fall canvas. After the children are finished painting their masterpiece, they will make their own sundae creation! We all scream for ice cream! (CJ)

Online resident registration begins
Monday, August 13, 10:00 a.m.

Registration is required for all programs unless otherwise indicated.



Mad Science University

Ages 8 – 14

Wednesdays, September 5 – 26

6:30 – 7:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$20 residents, \$25 nonresidents

Registration deadline: Wednesday, August 29

Science is all around us! Come experiment with items we use every day to create something fascinating. We are putting science to the test as your child learns about chemistry and physics. (CJ)



Crafting Club

Ages 9 – 13

Thursdays, September 6, October 4 & November 1

4:30 – 5:30 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Monday, September 3

This fun after-school program covers basic crafting skills and techniques used to create handmade decorations and keepsakes — all while making friends. We provide everything needed with no mess, prep or fuss at home! Crafters are encouraged to wear old clothes or bring an apron or smock. Previous craft examples include customized school supplies, dream catchers and holiday candles. (AD)

STEM:

Virtual Park Tour Creation

Ages 9 – 14

Tuesdays, September 4 – 18

6:30 – 7:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$40

Document and share, in Virtual Reality, the beauty and value of parks! Children will join a team to take VR pictures and build a park Virtual Reality. They will keep a copy to share with family and friends. Their work might even be housed on the Park District website for community members to enjoy! (KM)

Children's Self Defense

Ages 10 – 14

Saturday, November 17

1:00 – 3:00 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$25 residents, \$30 nonresidents

Registration deadline: Wednesday, November 14

Valor Martial Arts will teach children simple awareness and basic self-defense techniques. They will learn to assess a potentially harmful situation and escape danger or unwelcomed attention. (CJ)

Capture the Flag & Bonfire

Ages 12 – 18

Friday, November 2

5:00 – 7:00 p.m.

Grant Park

501 Normandy Ridge Rd.

Fee: \$5 residents, \$7 nonresidents

The ultimate game of capture the flag! Participants will be broken into two teams. Each team will have to make it back to their side of the field with the other team's flag while protecting their own. After the winning team is determined, we will enjoy sunset with s'mores and music by the fire. (CJ)

Teen Advisory Board

Ages 14 – 19

Thursday, September 6

6:30 – 8:00 p.m.

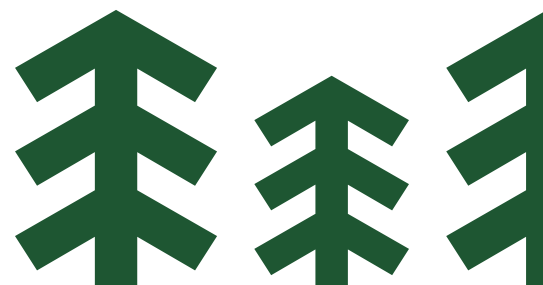
Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Teens, we'd love to see you get more involved in your parks! We have a Teen Advisory Board to help us plan more special events and/or programs that you'll enjoy! Come chat with us and brainstorm ideas. Light refreshments will be provided. (CJ)

New!

New!



Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

FAMILY PROGRAMS



Prairie Power Seed Collection

All ages

Thursday, September 6

6:00 – 7:30 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Help us collect wildflower seeds to plant at other parks for our pollinators! Each family will be responsible for harvesting plant species used in our native wildflower mixes. Families will get to take some seeds home to enhance their own pollinator habitats! (KL)

Rocks Rock! Collection Hike

All ages

Saturday, September 22

1:00 – 2:30 p.m.

*Grant Park
501 Normandy Ridge Rd.*

Fee/box: \$6 residents, \$8 nonresidents

Rocks are so much fun to collect! We will take a hike to the Badlands area of Grant Park and do some rock collecting. Each paid participant will receive their own collection box! Other family members may attend for free, but will not receive a collection box. (KL)

Nocturnal Nature Series

All ages

Fee/family: \$4 nonresidents

Explore nature at night with this series! We will focus on different topics each month and observe seasonal changes. Please dress for a hike on a natural path.

Dusk Dwellers

Friday, September 28

7:00 – 8:30 p.m.

*Grant Park
501 Normandy Ridge Rd.*

Animals that are most active at dawn and dusk are known as crepuscular! Learn about these animals and look for them as we hike to the Foundations! Please bring a flashlight if you have one.

(KL)

Spider Search

Friday, October 12

7:00 – 8:30 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*



Spiders play a very important role in the ecosystem! Many of our eight-legged friends can be spotted with a flashlight after dark! On this hike, we will search for spider eye shine and learn just how interesting these critters can be! Please bring a flashlight if you have one. (KL)

Hibernation Hike

Friday, November 9

6:00 – 7:30 p.m.

*Grant Park
501 Normandy Ridge Rd.*

How do our local animals adapt for winter? On this hike, we will learn about changes in different animals' bodies that prepare them to survive harsh Ohio winters. Please bring a flashlight if you have one. (KL)

Build a Shelter Family Challenge

All ages

Saturday, October 6

1:00 – 2:30 p.m.

*Grant Park
501 Normandy Ridge Rd.*
Fee/family: \$4 nonresidents

Your family is lost in the forest and rain is coming! Is your family up to the challenge? Build a shelter large enough for the entire family to use. (KL)



Online resident registration begins
Monday, August 13, 10:00 a.m.

Smith House Breakout: The Revenge

Ages 12 and up

Friday, October 12, 19 OR 26

6:00 – 7:00 p.m. **OR** 8:00 – 9:00 p.m.

OR Saturday, October 27

Noon – 1:00 p.m., 2:00 – 3:00 p.m.,

6:00 – 7:00 p.m. **OR** 8:00 – 9:00 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee/person: \$5

In recent years, the Smith House has become the destination location for weddings and marriage proposals. After months of preparation, Tom Augusta had the house all ready for the perfect proposal when things suddenly went awry. After regaining consciousness from a blow to the head, Tom notices the engagement ring is missing. According to the Smiths, the house has been visited by ghosts in the past. People are starting to speculate, but no one has been able to confirm or deny the ghost theories. Help investigators find out what really happened to Tom and the missing ring ... before you meet the ghosts. (CJ)

Please arrive 15 minutes before your start time for briefing. Minimum group size is four, maximum of eight people per timeslot. At least one adult per group.



Fear Factor: Halloween Edition

Ages 8 and up

Thursday, October 25

6:30 – 8:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee/team of 2: \$12

Registration deadline: Thursday, October 18

If FEAR is not a FACTOR, grab a partner and join our Halloween version of the popular TV show! Participants will be tested on their fear level as they complete heart-racing challenges. (CJ)

New!

Woodpecker Scavenger Hunt

All ages

Saturday, November 3

1:00 – 2:30 p.m.

Grant Park

501 Normandy Ridge Rd.

Fee/family: \$4 residents, \$6 nonresidents

Do you know what makes a good woodpecker habitat? Search for all of Ohio's woodpeckers and the elements they need to survive. Each family will receive their own woodpecker flip guide. (KL)

Rock your parks this fall!

"There's only one you in this great big world. Make it a better place."

Oak Creek South Park has a fun new park feature inspired by the children's book *Only One You*, by Linda Kranz. The new "fish pond" was also inspired by our **#CWPDrocks** group! Gather the family together to paint and leave your own unique painted fish rocks in the "pond" for others to enjoy. Or stop by to admire the fish rocks left by others!

New to CWPD Rocks? It's a painting movement created to make you smile! Paint rocks to leave in any CWPD park. When you come across a CWPD rock, snap a photo and post in the the CWPD Rocks Facebook group, or post on Twitter or Instagram with the **#CWPDrocks** tag! If you find a rock, you can either hide it again or keep it for your collection! Visit our website or join the Facebook Group for more information!



Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

FAMILY WELLNESS

EarthJoy Tree Climb

Ages 5 and up (*ages 18 and under must be accompanied by a parent or guardian*)

Saturday, September 1 OR

Saturday, October 6

10:00 – 11:30 a.m. **OR** noon – 1:30 p.m. **OR** 2:00 – 3:30 p.m.

Green Park

6661 Green Park Dr.

Fee: \$40 per person climbing

Registration deadline:

10:00 a.m. the day before the scheduled climb

EarthJoy is back to give you the experience of a lifetime! Tree climbing is a great way to challenge yourself physically and get in tune with mother nature. Swing to and fro and surf on a limb high above the ground. Strive to climb as high as you can or play amongst the lower limbs!

To register for these climbs, visit www.climbtreeswithearthjoy.com/ or call 859-635-0320. (KL)

Animal Flow

Ages 3 – 8 with an adult companion

Fridays, September 7 – 28

10:30 – 11:30 a.m.

Forest Field Park

2100 E. Centerville Station Rd.

Fee/adult: \$40 residents, \$52 nonresidents

Join Certified Animal Flow specialist Raquel Rivera-Hill for a fun, total-body parent/child experience. Flexible, locomotive and quadrupedal movements will make you feel like a kid again! Move like a crab, crawl like a bear and travel like an ape. No equipment needed. Just bring your imagination! (JH)



Slackline 101

Ages 8 and up (*ages 8 – 15 must be accompanied by an adult*)

Thursday, September 20

6:00 – 8:00 p.m.

Watkins Glen Park

825 Watkins Glen Dr.

Fee: \$25 residents, \$35 nonresidents

Matt and Erin of YogaSlackers are coming to help you become a slackline ninja! Discover abilities you never knew you had and meet new friends. Begin by building excellent technique on the slackline, all with controlled exits and a fantastic workout. Fundamental slackline skills include kneeling, sitting, standing, and perhaps even walking on the line. The combination of yoga and slacklining creates another level of body awareness that teaches greater balance and connection. It adds diversity to your workout, while giving you more confidence — and it's really fun! (CJ)

New!

Walk off the Wobble!

All ages

Friday, November 23

Spend time with family while breathing in the fresh air and getting some great outdoor exercise. Opting outside the day after Thanksgiving is a great alternative to a hectic day of holiday shopping!

You design the hike you want. Choose a CWPD park with natural or paved trails. Then, head out to walk off your delicious Thanksgiving feast. Post photos with the hashtag **#optoutsidewithCWPD** and you will be entered into a drawing for a \$50 gift card from Up and Running. Pictures must be posted by 11:59 p.m. on November 23.

Registration is not required. (JH)

Beginner Archery Clinic

Ages 8 and up (*ages 8 – 17 must be accompanied and supervised by an adult 21 years or older at all times*)

Saturday, September 8

(Rain date: Sunday, September 9)

10:00 a.m. – noon

Oak Grove Park, Archery Range

1790 E. Social Row Rd.

Fee: \$15 residents, \$20 nonresidents

This introduction to archery is designed for those who have no experience, are still getting comfortable with archery, or are looking for a review of the basics.

Instructors will focus on teaching range rules and safe archery procedures as well as basic equipment use and technique.

You may bring your own equipment, but it must be inspected by an instructor prior to use in the clinic. (ZF)

**Online resident registration begins
Monday, August 13, 10:00 a.m.**



Family Health & Fitness Day Friends & Family Hike

All ages

Saturday, September 29

9:30 – 11:00 a.m.

Grant Park

501 Normandy Ridge Rd.

Hiking is a great way to get outside in the fresh air and enjoy nature! In celebration of Family Health and Fitness Day, staff and volunteers will lead you on a hike. Trails will be marked so you may hike at your own pace. Please dress for the trails and bring water. Strollers are not recommended.

Registration is requested. (JH)

National Take a Hike Day Friends & Family Hike

All ages

Saturday, November 17

9:30 – 11:00 a.m.

Forest Field Park

2100 E. Centerville Station Rd.

Join staff for National Take a Hike Day as we lead you through the park. This hike is part of our Friends and Family Hike series. Trails will be marked so you may hike at your own pace. Please dress for the trails and bring water. Strollers are not recommended.

Registration is requested. (JH)

Attend at least three of the Friends & Family Hikes in 2018 to receive a free t-shirt! National Take a Hike Day is the final Friends & Family Hike of the year.

If we have to cancel a hike due to inclement weather, we will post the announcement on the Park District website.

ADULT PROGRAMS

Booked for Lunch

Ages 14 and up

Wednesdays, September 5, October 3 & November 7

11:30 a.m. – 12:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

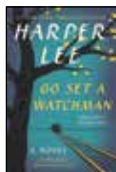


A collaborative program with Centerville-Washington History and the Washington-Centerville Public

Library, Booked for Lunch is a monthly lunchtime discussion on a historical fiction or nonfiction book. Bring your lunch and we'll provide dessert!

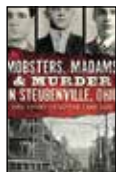
Participants must supply his/her own book. The library will advance order copies for participants to borrow while supplies last.

Please contact Christian Johnson at cjohnson@cwpcd.org if you are interested in joining Booked for Lunch. (CJ)



September's Discussion

Go Set a Watchman, by Harper Lee



October's Discussion

Mobsters, Madams & Murder in Steubenville, Ohio: The Story of Little Chicago, by Susan M. Guy



November's Discussion

The Dayton Flight Factory: The Wright Brothers and the Birth of Aviation, by Timothy R. Gaffney

Saturday Birding Hike

Ages 18 and up

10:00 – 11:30 a.m.

Hike A

Saturday, September 15

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Hike B

Saturday, October 20

Grant Park

501 Normandy Ridge Rd.

Take a leisurely stroll through your parks and admire our feathered friends! This hike is appropriate for all levels of birdwatching knowledge. Bring binoculars and your favorite guide if you have them. A limited supply will be available. (KL)



"Autumn ...
the year's last,
loveliest smile."

– William Cullen Bryant

Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.



Request a "Chat with a Naturalist"

Does your special interest group want to learn more about Centerville and Washington Township wildlife? Groups of 10 or more can book a naturalist to speak at their gatherings for 45 minutes to an hour. Groups are limited to two requests per year and six weeks notice is required for planning purposes. Please call us at (937) 433-5155 for a list of topics.

Chat With a Naturalist

Ages 18 and up
10:00 – 11:00 a.m.
Rec West Enrichment Center
965 Miamisburg-Centerville Rd.

Give Spiders a Chance!

Monday, September 17

Spiders often get a bad reputation, but they play an important role in the environment and construct some of the most beautiful geometric patterns in nature! The naturalist will discuss their life cycle and their importance.

Registration is not required. (KL)

Badgers

Monday, November 19

This elusive animal is somewhat rare in Ohio. Let's learn more about their antics.

Registration is not required. (KL)



Riding Lesson with Ends Meet Equestrian

Ages 18 and up
Saturday, September 22
2:00 – 3:00 p.m.
9306 Kenrick Rd.
Fee: \$39
Registration deadline: Saturday, September 15

We are teaming up with Ends Meet Equestrian to provide you an opportunity to spend the afternoon with a horse! After going through the basics, participants will take a trail ride. (CJ)

Glass Fusing: Wind Chime

Ages 14 and up
Wednesdays, September 26 – October 3
6:00 – 8:30 p.m.
Activity Center Park, Headquarters
221 N. Main St.
Fee: \$65 residents, \$85 nonresidents
Registration deadline: Wednesday, September 19

During this two-session class you will create a beautiful wind chime! Choose your own theme and colors. During the first class we will create all of the glass work and in the second class we will string it all together. The top portion of the chime is an 8-inch circle. (AD)

Participants must be able to attend both sessions.



Getting Out & Enjoying Nature! (GOEN)

Ages 18 and up
10:00 – 11:00 a.m.

Walk A

Thursday, September 27
Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Walk B

Thursday, October 25
Iron Horse Park
6161 Millshire Dr.

Walk C

Thursday, November 29
Countryside Park (meet at Rec West)
965 Miamisburg-Centerville Rd.

We are GOEN! Tour local nature spots with the Park District and the Washington Township Recreation Center. The naturalist will address seasonal happenings on this slow-paced walk. Register through the Park District or the Rec West Enrichment Center. (KL)



Online resident registration begins Monday, August 13, 10:00 a.m.



ADULT WELLNESS

Strollers in Motion

Adult caregivers with child 6 weeks – Pre K
9:30 – 10:30 a.m.
Schoolhouse Park
1875 Nutt Rd.
Fee/session: \$24 residents, \$32 nonresidents

Session A

Mondays, August 27 – October 1
(no class September 3)

Session B

Mondays, October 15 – November 12

Strollers in Motion is a stroller-based workout for moms, dads or other caregivers. Each total body workout incorporates power walking and strolling, strength training, balance work and toning. Strollers in Motion is an awesome way to get fit, meet new people and have fun with your little ones! And, after some classes, special activities will be planned for the children! All new participants will receive a water bottle. Strollers in Motion is led by Strollercize® certified instructor, Caitlin Elliott.

The week after each session ends will be used for rain out make-up days. (JH)

Strollers in Motion Fall/Winter Pass

Adult caregivers with child 6 weeks – Pre K
Fee: \$28 residents, \$36 nonresidents

You can purchase a Strollers in Motion pass to use for four classes. The pass is good for classes held September 2018 – February 2019 at any Centerville Strollers in Motion class. If you cannot make it to an entire five-week session, this may be the solution for you! (JH)

Strollers in Motion Boot Camp

Adult caregivers with child 6 weeks – Pre K
9:30 – 10:30 a.m.
Iron Horse Park
6161 Millshire Dr.
Fee/session: \$24 residents, \$32 nonresidents

Session A

Saturdays, August 25 – September 29
(no class September 1)

Session B

Saturdays, October 13 – November 10

This boot camp version of Strollers in Motion will incorporate circuit training and station exercises. You will be able to move at your own pace and comfort level. We give modifications for every fitness level. Strollers in Motion Boot Camp is an awesome way to get fit, meet new people and have fun with your little ones! And, after some classes, special activities will be planned for the children! All new participants will receive a water bottle. Strollers in Motion Boot Camp is led by Strollercize® certified instructor, Caitlin Elliott.

The week after each session ends will be used for rain out make-up days. (JH)

Hike with a Rescue Dog

Ages 16 and up
Saturday, October 13
(Rain date: Saturday, October 20)
8:30 – 11:30 a.m.
Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.

SICSA and CWPD are teaming up to bring rescue dogs to the trails of Bill Yeck Park! SICSA will start the morning providing training to all volunteers. Then participants will take the dogs out to explore the trails! Please wear comfortable hiking shoes and clothes, and bring water. SICSA will have all equipment necessary for the dogs.

Preregistration is required at
www.sicsa.org/events/. (AD)

Adult Crafting Club

Ages 18 and up
Tuesdays, October 23 – November 13
6:30 – 8:00 p.m.
Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.
Fee: \$29 residents, \$43 nonresidents
Registration deadline: Tuesday, October 16

Who says crafting fun is only for children? Let your creativity blossom while you learn new skills creating a different craft each week. All materials provided. (CJ)



Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

Trail Trekking

Ages 18 and up

Fee: \$15 nonresidents

Session A

Tuesdays, September 4 – October 23

6:00 – 7:00 p.m.

Session B

Thursdays, September 6 – November 22

9:30 – 10:30 a.m.

Trekking with Nordic poles is a wonderful way to cross-train or try something new. The Cooper Institute research studies showed that Nordic walking burns more calories, increases oxygen consumption and can be 46% more efficient than normal walking. It's a great workout!

Please wear shoes comfortable for paved paths and bring a bottle of water. Nordic poles provided are adjustable to your height. Session A of Trail Trekking is shorter due to sunset times. (JH)

Date	Park
September 4/6	Oak Grove
September 11/13	Schoolhouse
September 18/20	Forest Field
September 25/27	Iron Horse
October 2/4	Yankee
October 9/11	Oak Creek South
October 16/18	Holes Creek*
October 23/25	Robert F. Mays
November 1	Oak Grove
November 8	Schoolhouse
November 15	Forest Field
November 22	Iron Horse

***Overflow parking at The Gathering Church at 8911 Yankee Street.**



Hike for Your Health

Ages 18 and up

Wednesdays, September 5 – November 28

9:30 – 10:30 a.m.

Fee: \$15 nonresidents

This program will get your heart rate up and get you moving — enjoying autumn in your beautiful parks! Staff will lead you on these guided, self-paced hikes. Get to know the parks better and meet new people. Path descriptions are provided to help you choose the most comfortable shoe attire. There is no registration deadline for this program. (JH)

Date	Park	Path
September 5	Bill Yeck, Rooks Mill Entrance	Natural
September 12	Grant, Normandy Entrance	Natural
September 19	Iron Horse	Paved
September 26	Bill Yeck, McGuffey Meadow Entrance	Natural
October 3	Forest Field	Paved/Natural
October 10	Grant, Normandy Entrance	Natural
October 17	Robert F. Mays	Paved
October 24	Bill Yeck, Smith House Entrance	Natural
October 31	Grant, Normandy Entrance	Natural
November 7	Oak Grove	Paved
November 14	Bill Yeck, Rooks Mill Entrance	Natural
November 21	Yankee	Paved
November 28	Grant, Normandy Entrance	Natural



**Online resident registration begins
Monday, August 13, 10:00 a.m.**



Up & Running Trail Group

Ages 18 and up

Wednesdays, September 5 – October 17

6:00 – 7:00 p.m.

Up and Running will provide a trail leader as you enjoy running natural trails. This running group is for experienced runners and includes meadows, trails and hills. Meet at the Normandy Entrance (501 Normandy Ridge Rd.) of Grant Park and the Smith Entrance (2230 E. Centerville Station Rd.) of Bill Yeck Park. (JH)

Date	Park
September 5	Grant
September 12	Bill Yeck
September 19	Grant
September 26	Bill Yeck
October 3	Grant
October 10	Bill Yeck
October 17	Grant

If running group is canceled due to inclement weather, Up and Running will post a notification on social media.

A recent poll conducted by the National Recreation and Park Association found that 58% of Americans manage daily stress by going for a walk or run. Parks provide a connection to nature, which studies demonstrate relieves stress levels, tightens interpersonal relationships and improves mental health. Consider walking or running in a park to relieve your stress!

HIIT the Park

Ages 18 and up

Wednesdays, September 5 – October 31

(no class October 17)

6:00 – 7:00 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Fee/session: \$39 residents, \$49 nonresidents

This total body workout by Club 51 Fitness is comprised of functional movements and will use body weight exercises in addition to free weights to develop strength, stamina, endurance and speed. (JH)

Fit Fusion

Ages 18 and up

Thursdays, September 6 – October 18

(no class September 20)

6:00 – 7:00 p.m.

*Yankee Park
7500 Yankee St.*

Fee: \$29 residents, \$38 nonresidents

Fit Fusion incorporates cardio, circuit training, resistance training, pilates and compound exercises. Each class will vary in the types of exercises and will help you build speed, power, strength and endurance. We will target different muscle groups using different methods of training, allowing you to experience a jump start in fat loss and muscle definition. Modifications provided. No guts, no glory! Taught by Emily Chandler, a certified group fitness instructor. Please bring a light set of weights, and a towel or yoga mat. (JH)

A Walk in the Park

Ages 18 and up

Tuesdays, September 4 –

November 20

9:30 – 10:30 a.m.

New!

Get outdoors, enjoy sunshine and fresh air while meeting other walking enthusiasts. These are self-guided walks around your community parks! Walking helps maintain a healthy weight, increases energy, lifts your spirits, strengthens memory and protects from heart disease and high blood pressure. Enjoy reduced stress, improved quality of sleep and the many benefits from an improved quality of life. It will be A Walk in the Park!

Staff will join the walks from time to time. (JH)

Date	Park
September 4	Iron Horse
September 11	Yankee
September 18	Oak Creek South
September 25	Robert F. Mays
October 2	Oak Grove
October 9	Schoolhouse
October 16	Forest Field
October 23	Holes Creek*
October 30	Iron Horse
November 6	Yankee
November 13	Oak Creek South
November 20	Robert F. Mays

***Overflow parking at The Gathering Church at 8911 Yankee Street.**



Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.

Yoga in the Park

Ages 18 and up

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee/session: \$52 residents, \$67 nonresidents

Session A

Saturdays, September 8 – October 13

7:45 – 8:45 a.m.

Session B

Saturdays, September 8 – October 13

9:00 – 10:00 a.m.

Session C

Mondays, September 10 – October 15

9:30 – 10:30 a.m.

Session D

Saturdays, October 20 – November 24

7:45 – 8:45 a.m.

Session E

Saturdays, October 20 – November 24

9:00 – 10:00 a.m.

Session F

Mondays, October 22 – November 26

9:30 – 10:30 a.m.

Method Yoga Studio's Megan Lees leads these yoga classes for all levels. Classes include warm-up, breath work, standing poses, flowing poses and end with relaxation. Please bring a yoga mat and water. Class will be held on the deck overlooking the meadow with the option to move indoors in the event of inclement weather. (JH)



Introduction to Meditation Styles

Ages 14 and up

Tuesdays, September 11 – October 2

6:30 – 7:30 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$40 residents, \$52 nonresidents

Registration deadline: Tuesday, September 4

Join Debra Venable of HOPE Reiki & Wellness Resources as we discover the basics of a variety of meditation styles. Meditation has been proven to provide numerous physical health benefits, as well as provide a sense of calm in the mind. This class will help you learn what styles might work for you! We will learn simple meditations that will help you become more grounded and centered in your daily life. This class is suitable for a returner or newbie to Debra's classes. (AD)

Lacrosse Ball/ Foam Rolling Clinics

Ages 16 and up

Wednesday, September 12 OR

Tuesday, November 27

6:00 – 7:00 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Airrosti's Dr. William Wright and Kaitlyn Seymour are back to teach how to manage, reduce and eliminate musculoskeletal pain through preventative self-myofascial release techniques using a foam roller and lacrosse ball. This class will focus on both upper and lower body exercises.

If you have a foam roller, lacrosse ball or mat, please bring them with you. There will be a limited supply of foam rollers and lacrosse balls on hand to use. This is beneficial for people of all ages and activity levels. (JH)

Zumba Wake-up Workout

Ages 16 and up

7:00 – 8:00 a.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$29 residents, \$38 nonresidents

Session A

Tuesdays, September 11 –

November 13

Session B

Thursdays, September 13 –

November 15

Exercising in the morning poses amazing benefits for the body. It jumpstarts your metabolism, allowing you to blast fat throughout the day. Exercise also releases endorphins, a nice reward system! Taught by certified Zumba instructor Janet Hartsock, this morning exercise program is a blend of Zumba and a full body resistance band workout. Bring water, towel and exercise mat. All other equipment provided. (JH)

Zumba

Ages 16 and up

Tuesdays, September 25 – November 6

(no class October 16)

6:00 – 7:00 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Fee: \$29 residents, \$38 nonresidents

This class is a perfect fit for everybody at any fitness level. We take the "work" out of workout by combining great music with low and high intensity moves for an interval-style, calorie burning dance fitness party. Zumba has all the elements of a great fitness class — cardio, muscle conditioning, balance and flexibility, along with boosting your energy level. Each class is designed to bring people together to have fun and get their sweat on. Taught by Janet Hartsock, certified Zumba instructor. Please bring water and a towel. (JH)

Online resident registration begins
Monday, August 13, 10:00 a.m.



Introduction to Holistic Health Options

Ages 14 and up

Mondays, October 8 – 29

6:00 – 7:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$45 residents, \$59 nonresidents

Registration deadline: Monday, October 1

Join Debra Venable of HOPE Reiki & Wellness Resources to learn about a variety of options to bring more holistic health styles into your life. Debra will cover an introduction of various modalities such as essential oils, vitamins, supplements, herbs, meditation and energy work. Essential oils information will cover important safety information and usage suggestions. This class is suitable for a returner or newbie to Debra's classes. (AD)

Tai Chi for Wellness

Harvard School of Integrative Medicine tells us that the slow meditative movements, deep breathing and relaxation that is characteristic of Tai Chi practice create a special biological state that activates our capacity for body/mind wellness and healing.

Great for stress relief, post-illness or managing a chronic health condition. Improves coordination, balance and attention. Facilitates cardiac rehab, lowers blood pressure and helps maintain strong bones. All Tai Chi classes are taught by certified Integral Qigong and Tai Chi instructor Judy Wilson.

Tai Chi for All Levels

Ages 18 and up

Mondays, October 8 – December 3

(no class November 19)

7:00 – 8:00 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$48 residents, \$64 nonresidents

A focus on Tai Chi and Qigong (Chi Kung) principles and form through Tai Chi Easy™ — a form created by Roger Jahnke, O.M.D. — to make Tai Chi accessible and fun for everyone. This class is suitable for beginners and those already experienced with Tai Chi. (JH)

Beginner Tai Chi

Ages 18 and up

Saturdays, October 13 – December 8

(no class November 24)

10:15 – 11:15 a.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$48 residents, \$64 nonresidents

An introduction to Tai Chi and Qigong (Chi Kung) principles and form through Tai Chi Easy™. (JH)

Intermediate Tai Chi

Ages 18 and up

Saturdays, October 13 – December 8

(no class November 24)

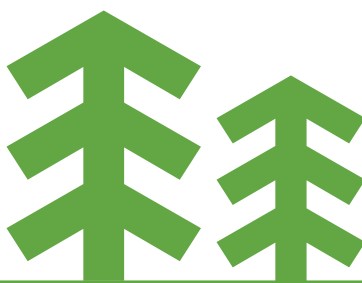
11:30 a.m. – 12:30 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$48 residents, \$64 nonresidents

Continuing to develop Tai Chi and Qigong principles moving from Tai Chi Easy™ into Dr. Roger Jahnke's Integral Tai Chi form. (JH)



Attention Group Fitness Instructors!



We are expanding fitness opportunities in our parks! We are looking for passionate and energetic certified group fitness instructors to lead current and new fitness programs for the Centerville-Washington Park District. For more details contact Janet Holthaus, the Fitness and Wellness Coordinator, at 937-433-5155 or jholthaus@cwpcd.org.

Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

HOW TO REGISTER

Online (the first day of registration is online only)

Visit <https://apm.activecommunities.com/cwpcd> to register. To expedite your registration, create an account prior to 10:00 a.m. on August 13. A valid email address is required. This site can be used for free programs and for fee-based programs with a debit or credit card. Payee will be shown as Active.com.

By Phone

Call us at (937) 433-5155 Monday – Friday between 8:00 a.m. and 4:30 p.m. Please have your credit card ready for fee-based programs. **Phone registration begins one day later than online registration.**

In Person

Visit Park District headquarters at 221 N. Main Street Monday – Friday between 8:00 a.m. and 4:30 p.m. You may pay with cash, check or credit card. Make checks payable to CWPD or Centerville-Washington Park District. **In person registration begins one day later than online registration.**

Registration and Refund Policy

- Residents may register members of their family and one other resident family.
- Our intent is that program participants be completely satisfied with their experience! If participants are not satisfied with their program experience, or they are unable to participate in a program for any reason, they may repeat the program at no charge, receive credit toward future fees or receive a refund.

Centerville-Washington Park District Program Release

When registering for or attending any Park District program, you are required to agree to the following statement:

In consideration of your accepting my entry or my child's entry, I hereby, for myself or my child, release, indemnify, and hold harmless the Centerville-Washington Park District, its Commissioners, Agents, Employees and Assignees from any and all liability claims, actions, demands and judgments arising out of injury or loss sustained by me or my child while participating in activities or using facilities of the Centerville-Washington Park District.



WHY REGISTER ONLINE?

#1

You're first in line!

Online registration takes place the day before phone or walk-in registration.

24

It's convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.



It saves time

In less than five minutes, you can setup your account and enroll for your program.



It's easy

Three simple steps, and you'll be enrolled in the program of your choice.



It's environmentally friendly

No need to use gas driving over to register in person. And it saves paper.

Online resident registration begins August 13

**Online Resident Registration Begins
Monday, August 13
at 10:00 a.m.**

**Online Nonresident Registration Begins
Monday, August 20
at 10:00 a.m.**



FALL EVENTS AT-A-GLANCE

SEPTEMBER

		page #
Sat, Sept 1	EarthJoy Tree Climb	14
Thurs, Sept 6	Prairie Power Seed Collection	12
Thurs, Sept 6	Teen Advisory Board	11
Fri, Sept 7	Pumpkins & PJs	8
Sat, Sept 8	Beginner Archery Clinic	14
Sat, Sept 8	Fairy & Gnome Home Festival	4
Sun, Sept 9	Grandparents' Sundae Funday	4
Mon, Sept 10	Decoy Art Studio Recycle-mania	10
Wed, Sept 12	Playdate Pals: Tweet Tweet	6
Wed, Sept 12	Lacrosse Ball/Foam Rolling Clinic	20
Fri, Sept 14	Pumpkins & PJs	8
Sat, Sept 15	Saturday Birding Hike	15
Sat, Sept 15	BIG Backyard Party	4
Thurs, Sept 20	Slackline 101	14
Fri, Sept 21	YoGlow	4
Sat, Sept 22	Rocks Rock! Collection Hike	12
Fri, Sept 28	Nocturnal Nature Series: Dusk Dwellers	12
Sat, Sept 29	Family Health & Fitness Day Hike	15

OCTOBER

Mon, Oct 1	Decoy Art Studio Pop Art Sweets	9
Fri, Oct 5	Intergenerational Series: Pumpkin Party	7
Sat, Oct 6	EarthJoy Tree Climb	14
Sat, Oct 6	Build a Shelter Family Challenge	12
Sat, Oct 6	Ales & Tails	4

Wed, Oct 10	Playdate Pals: Hoot Hoot	6
Fri, Oct 12	Nocturnal Nature Series: Spider Search	12
Sat, Oct 13	Hike with a Rescue Dog	17
Sat, Oct 13	Meet & Play Mascot Day	5
Tues, Oct 16	Haunted Trail	5
Wed, Oct 17	Haunted Trail	5
Sat, Oct 20	Saturday Birding Hike	15
Thurs, Oct 25	Fear Factor: Halloween Edition	13

NOVEMBER

Fri, Nov 2	Capture the Flag & Bonfire	11
Sat, Nov 3	Woodpecker Scavenger Hunt	13
Sun, Nov 4	Race to the Holidays	5
Wed, Nov 7	Paint and Scoops	10
Fri, Nov 9	Nocturnal Nature Series: Hibernation Hike	12
Mon, Nov 12	Intergenerational Series: It's Turkey Time	7
Wed, Nov 14	Playdate Pals: Gobble Gobble	6
Sat, Nov 17	National Take a Hike Day Hike	15
Sat, Nov 17	Children's Self Defense	11
Fri, Nov 23	Walk off the Wobble!	14
Tues, Nov 27	Rock With Us: FALLING for Winter	9
Tues, Nov 27	Lacrosse Ball/Foam Rolling Clinic	20

See inside for our popular series programs such as **Creative Kids Corner**, **Hike for Your Health**, **GOEN**, **Outdoor Explorers**, **Tai Chi** and more. And, look for several new programs, including *A Walk in the Park!*